

SPINACH SALAD

By Kimberli Washington, Public Information Office



Ingredients:

- 5 ounces baby spinach leaves, washed
- 1 granny smith apple, sliced
- 1/3 cup pecan pieces
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard
- Salt and pepper, to taste

Directions:

- For vinaigrette, whisk oil, vinegar and mustard together in a small bowl. Season with salt and pepper to taste.
- In a serving bowl, toss spinach with the dressing until evenly coated. Add apples and nuts.
- Serve immediately and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.